



OCD Southern California
23679 Calabasas Rd. Ste. 1015
Calabasas, CA 91302

www.OCDSoCal.org
Info@OCDSoCal.org
Tax ID#: 45-1749394

April 28, 2024

Dear Friends,

OCD Southern California (OCD SoCal) continues to enjoy a growth spurt as we have begun to more effectively integrate our strategic planning to utilize both our expanded board and our regional volunteers to increase our outreach both in terms of total numbers of people reached as well increasing coverage across our large catchment area. In our efforts to serve individuals and families living with OCD we endeavor to provide resources for families as well as affordable training for clinicians to increase access to care throughout southern California. Improving treatment options for families continues to be a top priority for us at OCD Southern California. In 2023, we shifted our programming slightly to accommodate a collaboration with IOCDF for our Fall conference. We added a Speaker Series in the Spring in addition to our usual programs.

For our new Spring Speaker Series, we held four different Speaker events in 2023. San Diego which was held on April 1st had 38 attendees. Inland Empire held on April 22 had 47 attendees. Orange County held on April 15 had 189 attendees, and Los Angeles which was held on April 2nd at USC had 40 attendees. All together we reached 314 people, and the reviews were overwhelmingly positive. People particularly enjoyed the community building aspect.

We were also able to sponsor a Pediatric BTTI, in San Diego on 3/24-26. This was the second BTTI we were able to host in two years' time. This is particularly meaningful as it is an important part of our mission to increase the number of clinicians trained to treat OCD in Southern California.

During the summer, our regular yearly events always include the Million Steps for OCD Walks, which we also held in four locations: Orange County on 6/17, Los Angeles on 6/4, San Diego on 6/3 and Inland Empire on 6/24. Altogether these events raised \$11,207 for our organizations (IOCDF and OCD SoCal).

Our yearly board meeting at the in person IOCDF conference was productive as we made several connections with volunteers who have begun to contribute regularly. One has taken on the role of Volunteer Coordinator and has increased our capacity to provide a greater number of regional events that don't require as much board member participation and has helped us

overcome some of the geographical challenges of our large catchment area. We have big plans for 2024 as we continue to grow these programs and attempt to expand our reach.

In the Fall, instead of our signature Conference, we collaborated with the IOCDF to support the 2023 Virtual OCD Conference in October. We helped in a variety of capacities but primarily by reviewing presentation submissions; recommending talks to fit the provided curriculum slots and selecting Keynote speakers. Based on our recommendation from our past virtual conferences, the Q&A wrap-up panel were added to the conference and were quite well attended.

For OCD Awareness Week we held a free Virtual Panel and Discussion on 10/13 with 200 attendees across multiple states with a variety of speakers on topics according to their expertise. Our president and vice president were joined by Dr. Ryan Vidrine, Densie Egan Stack, Melissa Mose, Chris Trondsen with help from Sue Chudy. San Diego's Sue Chudy sponsored a Bonfire on 10/8 for Awareness Week.

In addition to these large yearly events, OCD SoCal continues to reach out in smaller ways to the local communities. We connected with community organizations by hosting a resource table at NAMI Orange County . We also hosted booths at several events throughout the year. These included: NAMI San Diego and Imperial County - April 29 as well as the Survivors of Suicide Loss Walk - September 10.

Individually our board members are active in the community in many ways. One of our board members participates on the IOCDF Diversity, Equity and Inclusion Action Committee and others continue to reach out on smaller local levels to schools and community mental health clinics to provide free training. Collectively we have provided training for the San Diego school district's faculty and also with Imperial County Behavioral Health, a school district in Santa Barbara as well as several independent treatment centers in the San Fernando Valley.

Finally, on our website we continue to provide information about programs, research and the resources provided through IOCDF as well as articles and the personal stories of individuals sharing their struggles and their victories. We encourage people to reach out and try to connect members of the community with requested resources whenever possible.

Many thanks to all who have helped to make 2023 a fantastic year. It was a joy to collaborate with the IOCDF on the Virtual OCD Conference, and we are looking forward to a close working relationship going forward.

Sincerely,

Melissa Mose, LMFT
President, OCD Southern California